



# EASY SAVING GUIDE

FOR STEP-BY-STEP CUTTING AND ADJUSTING

## SAVING TERMS

**TRIM** -- By Altering our habits and desires to obtain the newest and latest fashions, we can decrease the sheer volume of new clothing that is produced.

**LAYER** -- An estimate of 2 million tonnes of clothing per annum, ends up in landfills. Consuming more clothes will only develop new layers.

**EDGE STITCHING** -- According to experts, if we continue to consume energy at current levels, oil could run out in 40 years.

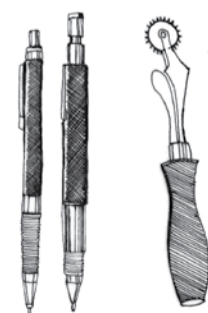
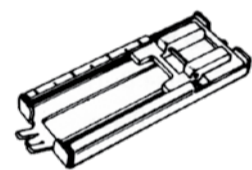
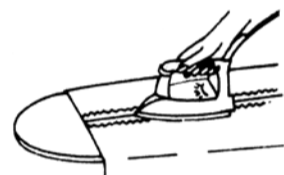
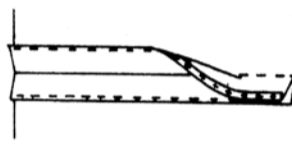
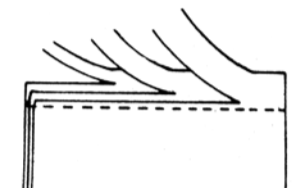
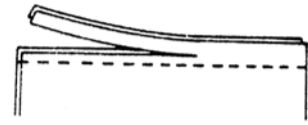
**PRESSING** -- Textile washing and drying is not a threat to humanity but we can change our washing and ironing methods, to save energy and lower pollution.

**BIG HOLE FOOT--** Once cotton fibres are produced they can be subject to dyeing, bleaching, printing and finishing which consumes large volumes of water, energy and chemicals, release air emissions and generate effluent waste. Most of our clothes on our bodies are imported, which suggests even more pollution has occurred. This all adds to the environmental footprint we tend to make.

**ALL PURPOSE FOOT--** Reduce your carbon footprint. Selling a piece of old clothing, it means someone no longer needs to buy a new item of clothing, then you are preventing the release of an estimate of 22kg of CO<sup>2</sup>.

**CORDING FOOT--** Consumer demand is the leading force in determining the levels of production and has the biggest environmental footprint.

**MARKERS/TRACER--** The average annual cotton consumption per person in Germany is 11 kilograms, which equates 220,000 liters of water usage. This figures is more or less the same for all developed countries.



**RIPPER** --- Cultivation of cotton fibres, and the production of thread, fabric, and needles are all highly involved processes that utilize large amounts of water and oil that leave a slew of chemical residues in our air and waterways.

**CIRCULAR SEWING** -- By now we've all heard the golden rule for keeping our closets and drawers clutter-free: If you haven't worn it in a year, throw it out.

While this popular advice may do wonders for keeping our wardrobes the right size. But "throwing out" doesn't not mean your clothes must end up on the landfill, keep it in circulation, recycle, and reuse it.

**COTTON THREAD--** The big question hanging by a cotton thread is the sustainability of cotton's agricultural practices

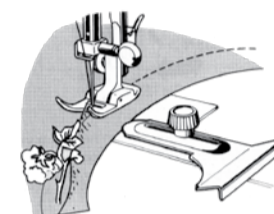
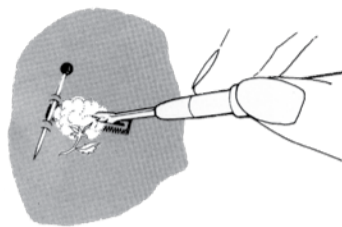
**BOBBINS--** The high production cotton at subsidized low prices is one of the first spokes in the wheels that drives the globalization of fashion.

**HOLE CUTTER--** By shopping less for new clothes, you can save time and money. Look at your worn garments for new clothing ideas. The understanding of this evolutionary process must form the basis of strategies for maintaining consumers throughout their life cycle—not the product's life cycle.

**MEASURE TAPE--** It is expected that the volume of clothing waste will increase, given that stockpiling space is limited and there is expected growth in new clothing sales.

**NEEDLES--** if your clothes get holes, or tears, don't buy new ones, get handy with needles and thread and fix it yourself.

**TUBED OILER--** The future production of cotton fibres will confront new problems as oil prices will continue to rise.



TEAR OFF PATTERN

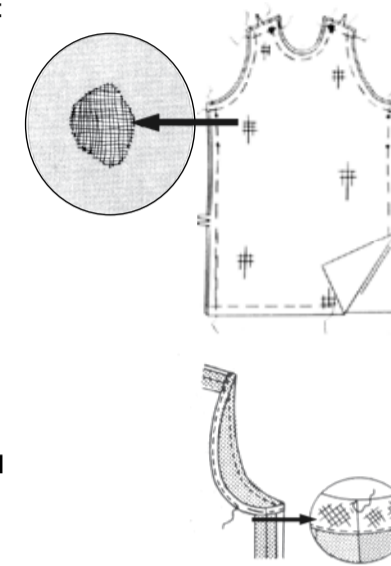
**NEW Sustainable**



**BEFORE YOU CUT** - make sure you are using 100% RECYCLED COTTON. You may wish to make a few other life cycle adjustments.

## REGARD ANY DAMAGE THAT MAY APPEAR ON YOUR CONSUMPTION PATTERN

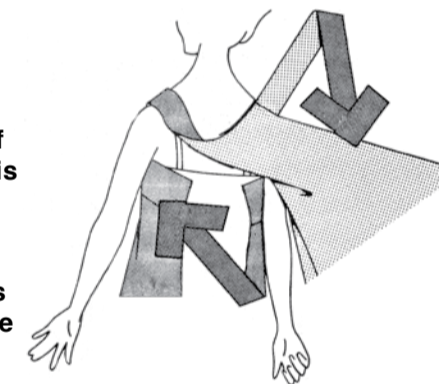
Just because that old shirt is too threadbare to wear anymore doesn't mean it has to end up in a landfill. An estimate of 3 million tones of clothing waste is generated yearly. Only 16% of the clothing gets recovered and the remainder is destined for landfill. There are other places for old clothing on the planet. 99% of all textiles are recyclable. Non-profit organizations like the Salvation Army and your local Hospice play a crucial role in keeping clothes out of waste and in circulation.



## SAVING PATTERN

Using worn out, old cotton clothes for household purposes, saves resources. Cut-up old T-shirts are useful as dish towels and even napkins. (It eliminates the need for paper goods for example).

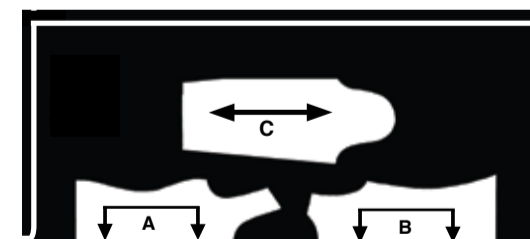
**OR**  
Keep cotton resources in circulation and instead of buying two shirts, use this easy to follow pattern to make an adjustable top. Re-making, re-fashioning and re-using your clothes will decrease textile waste and extend the life cycle of your clothing.



## MAKE SURE TO COMPARE CONSUMPTION MEASUREMENTS WITH THE NEW CHART

**NOTE:** DETERMINE FINISHED LENGTH BEFORE CUTTING DRESS. **NEEDED:** 15-20 PUSH PINS FOR ADJUSTABLE SLEEVE

**CUT:** PLACE ON FOLD



**FITTING:** SEE NEW CHART

	GRAMS OF COTTON	CO <sup>2</sup> (kilogram)	H <sub>2</sub> O (liter)	ENERGY (kilowatts)	PESTICIDES/ FERTILIZERS (gram)
SMALL	200g	1.2	4 000	4	120
MEDIUM	250g	1.5	5,000	5	150
LARGE	300g	1.8	6,000	6	180

## SUSTAINABLE PATTERN

Shaded area is the right side of the fabric

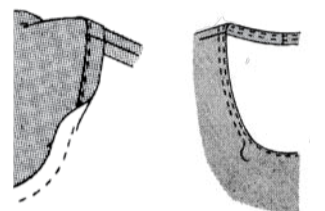
### 1. FRONT

Join the back and front and stitch together at the shoulders.



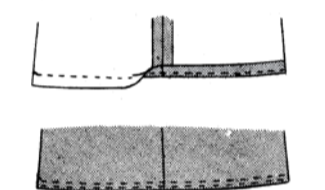
### 2. NECKLINE

Stitch 1.5cm from neck edge. Turn on stitch line, rolling the machine stitching to INSIDE. Press.



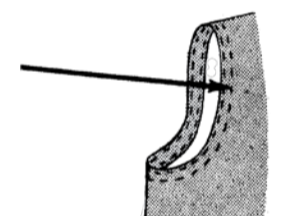
### 3. LOWER EDGE

Stitch 1.5cm from lower edge of top. Turn on stitching line, rolling machine-stitching to INSIDE. Press. Stitch another line above previous row.



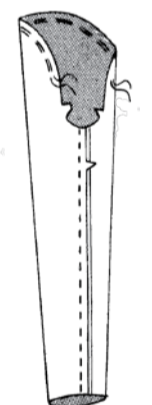
### 4. ARMHOLE

Stitch 1.5cm from armhole edge, turn on stitching line, rolling machine stitching INSIDE. Press. Press 10 bottom parts of push-pins all along the armhole, evenly.



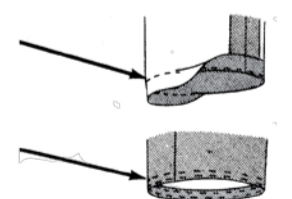
### 5. ADJUSTABLE SLEEVE

Stitch sleeve seam. Stitch 1.5cm seam line at armhole. Press push-pins all along the top edge. To match the armhole push-pins.



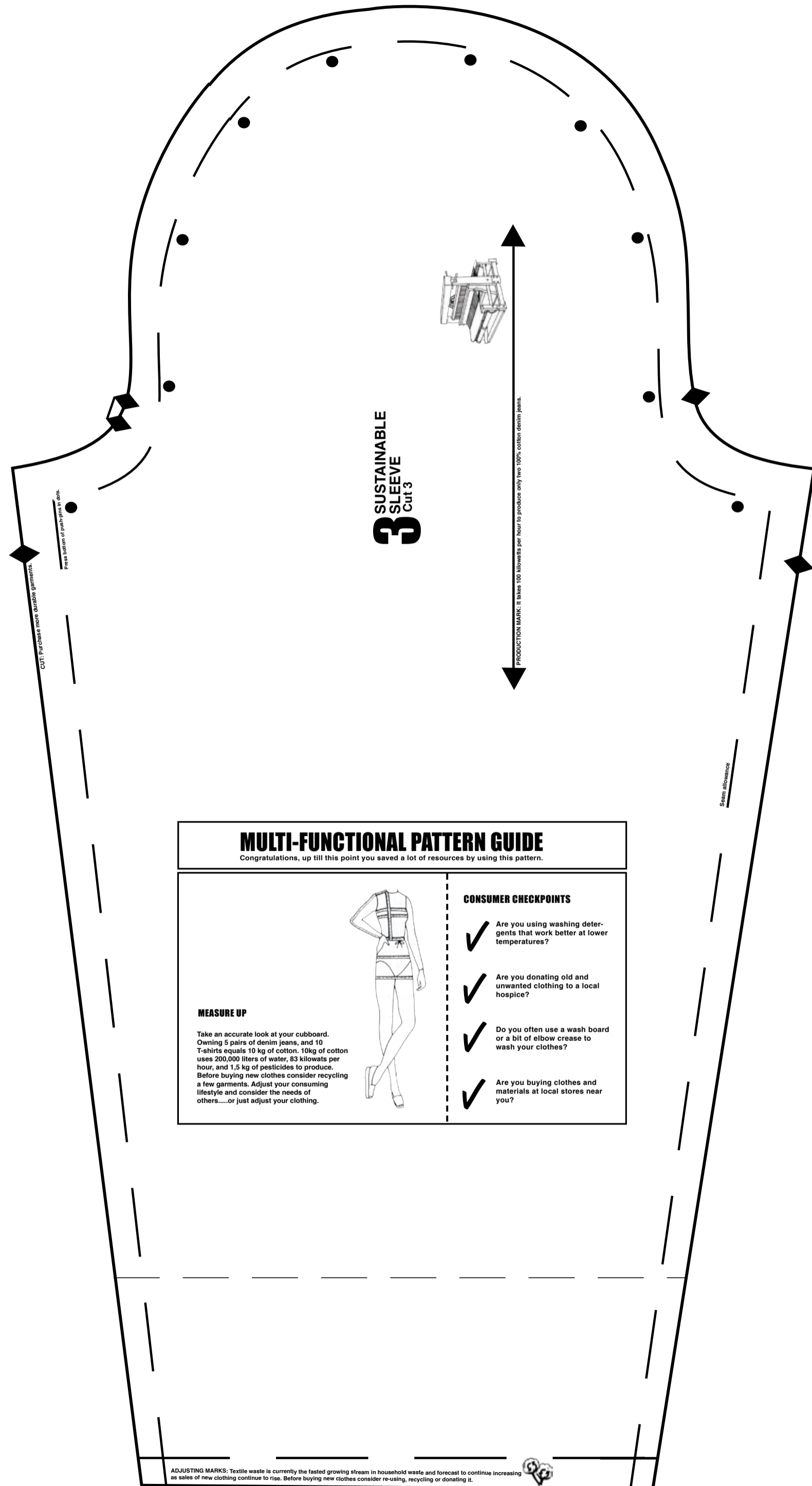
### 6. LOWER EDGE FINISH

Stitch 1.5cm from lower edge of sleeve. Turn on stitching line, rolling machine stitching to INSIDE. Press. Stitch another line above previous row.



**CONGRATULATIONS!**  
By using this pattern, you have saved precious resources and kept cotton garments in circulation.





**3 SUSTAINABLE SLEEVE**  
Cut 3

PRODUCTION MARK: It takes 100 blowmills per hour to produce only two 100% cotton denim jeans.

CUT TO CREATE more durable garments.

Place pattern of patch onto the work.

Sew allowance

**MULTI-FUNCTIONAL PATTERN GUIDE**  
Congratulations, up till this point you saved a lot of resources by using this pattern.

**MEASURE UP**

Take an accurate look at your cupboard. Owning 5 pairs of denim jeans, and 10 T-shirts equals 10 kg of cotton. 10kg of cotton uses 200,000 liters of water, 83 kilowatts per hour, and 1,5 kg of pesticides to produce. Before buying new clothes consider recycling a few garments. Adjust your consuming lifestyle and consider the needs of others....or just adjust your clothing.



**CONSUMER CHECKPOINTS**

- ✓ Are you using washing detergents that work better at lower temperatures?
- ✓ Are you donating old and unwanted clothing to a local hospice?
- ✓ Do you often use a wash board or a bit of elbow grease to wash your clothes?
- ✓ Are you buying clothes and materials at local stores near you?

ADJUSTING MARKS: Textile waste is currently the fastest growing stream in household waste and forecast to continue increasing as sales of new clothing continue to rise. Before buying new clothes consider re-using, recycling or donating it.

